

Greener Pastures

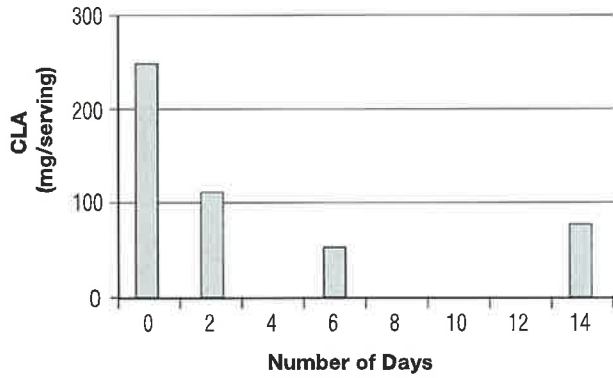
How grass-fed beef and milk contribute to healthy eating



Union of Concerned Scientists

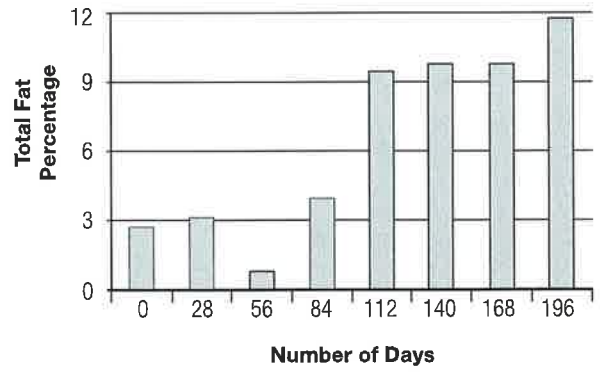
Citizens and Scientists for Environmental Solutions

Figure 5-1: CLA in Milk after Switching from Grass to Mixed Grass/Corn Silage



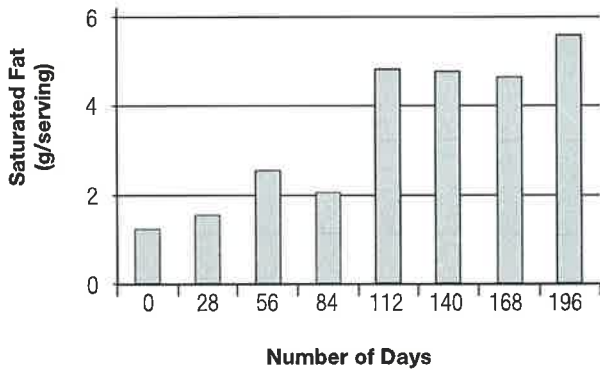
Source: Elgersma et al. 2004.

Figure 5-2: Total Fat Percentage of Beef after Switching from Grass to Concentrate



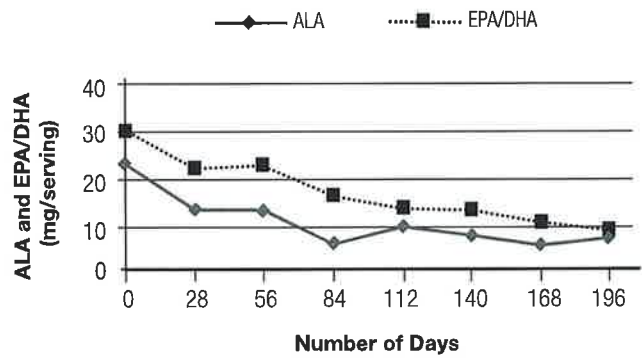
Source: Duckett et al. 1993.

Figure 5-3: Saturated Fat in Beef after Switching from Grass to Concentrate



Source: Duckett et al. 1993.

Figure 5-4: ALA and EPA/DHA in Beef after Switching from Grass to Concentrate



Source: Duckett et al. 1993.